EASY RECIPE FOR FAMILY FUN.

Berries with Banana Cream

Serving size: ¾ cup Cost per serving: \$0.42 Makes about 4 servings Prep time: 5 minutes

Ingredients:

1/3 cup low-fat plain yogurt
½ ripe banana
1 tablespoon fruit juice (orange works well)
2 cups sliced strawberries
1 teaspoon honey

1 dash cinnamon

Directions:

- Combine yogurt, banana and juice and mash with a fork until most chunks are gone.
- 2. Wash and slice berries.
- 3. Top the berries with the yogurt banana mixture.
- 4. Top with honey and cinnamon.



Kids will have lots of fun mashing the bananas for this recipe. Bring them into the kitchen and get them involved. Kids are more likely to eat foods they helped prepare.

Nutrition Information

Calories: 71 Fat: 0.5 grams

Sodium: 16 milligrams

Fiber: 2 grams Sugar: 12 grams Protein: 2 grams



